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TWILIGHT STARS ON
HEAT OF SPOTLIGHT

PAGE 16



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Thursday, November 15,
2012



News
worth
sharing.



IT'S KITTEN WEATHER

D'Arcy's ARC executive director D'arcy Johnston poses with Albert Einstein, a three-month-old kitten up for adoption at the no-kill shelter. The city's shelters say the snow means they're overrun with kittens — and Johnston says it's the worst he has ever seen. See story on page 4. SHANE GIBSON/METRO

Phoenix Sinclair inquiry resumes

Samantha Kematch.

Phoenix's mother
uninterested in
parenting, social
worker says

A social worker says a Manitoba woman who beat her daughter to death seemed uninterested in parenting right from the start and appeared to have a possible mental disability.

Samantha Kematch had already had another child taken from her and lost care of her daughter, Phoenix Sinclair, days after the girl was born in April 2000, Andrew Orobko testified at an inquiry Wednesday.

Orobko was a supervising social worker who met with Kematch and Steve Sinclair, Phoenix's biological father.

"Young parents, traumatic upbringings, possible presence on mom's part of some mental

disability, mental disorder — the list of issues here that were working against this couple, it's a huge list," Orobko told the inquiry into Phoenix's death.

Phoenix spent most of her life in foster care before being given back to Kematch in 2004. Months later, the five-year-old girl was beaten to death by Kematch and Kematch's common-law husband, Karl McKay, in the basement of the family's home. Kematch and McKay were convicted of first-degree murder.

Despite Orobko's concerns about Kematch, he was hopeful she would be able to regain custody of Phoenix. He testified that he drew up a three-month order — the minimum and "least intrusive" time frame allowed — which required Phoenix to be taken into foster care. The order also required Kematch to undergo a psychological assessment, attend parenting classes and meet weekly

with her daughter.

The aim was to see if Kematch would develop parenting skills and address any psychological issues that made her ambivalent about parenting either of her kids, Orobko said.

"The likelihood of all of those things occurring within three months ... I think that was very ambitious, very ambitious."

Inquiry commissioner Ted Hughes appeared frustrated Wednesday by court challenges that have delayed the inquiry. He opened the day's proceedings by asking all lawyers involved to focus on the inquiry's aim to improve child welfare.

"Let no one lose sight of the fact that that is why we are here. The centrepiece of our work, as a lasting memorial to the short life of little Phoenix Sinclair, is the protection of all children," Hughes said.

THE CANADIAN PRESS

Did Facebook get 'two' cute?

Social media heavyweight's new automatic couples page not to everyone's liking PAGE 12

Four-stars to the wind

Widening CIA sex scandal poses no risk to U.S. security, Obama says PAGES 8 & 9

Loving her bang-up job

Big Bang Theory actress OK with being the character who's not a nerd PAGE 18

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Kiboshed! Attempt to sell park land fails

An attempt to sell a piece of land called Parcel 4 adjacent to The Forks failed at city hall on Wednesday.

The motion, put forward by Coun. Justin Swandel (St. Norbert) and Coun. John Orlikow (River Heights-Fort Garry), called on city council to approve the negotiation of the sale of the land for \$6 million to The Forks North Portage.

"This basically gets the ball in motion, with an entity that we're all proud of," said Swandel, who later lamented a lack of "political courage" at city hall.

"This is downright dangerous," said Coun. Jeff Browaty (North Kildonan), adding council cannot place a price tag nor name a buyer for a property.

The motion was completely kiboshed, with only Swandel voting in favour of it.

Earlier this year, Canalta Development expressed interest in building a water park and hotel on Parcel 4, but withdrew their plans after public outrage.

BERNICE PONTANILLA/METRO

Parking ban

Snow zone amnesty still in effect — for now

Vehicles towed from Winnipeg streets while crews work to finish residential street plowing until Thursday morning — and while they catch up with missed streets — will continue to not be ticketed.

But the city warned the amnesty period will not be extended the next time Winnipeg gets a dump of snow significant enough to put the residential parking ban into effect.

SHANE GIBSON/METRO

Council shelves garbage motion

A motion that called for the re-establishment of garbage and recycling pickup by the City of Winnipeg sparked a heated debate among members of city council on Wednesday.

The debate included charges of "ideology" and a slam against the city's largest union, CUPE 500, for recent ads that ran on television that were critical of the city.

Council voted 10-5 in favour of receiving the report as information, which basically puts it on the shelf with no further action required.

Quoted

"There were a lot of misconceptions ... thrown around today. Nobody was suggesting we break contracts. It's been seven years since we went 100 per cent private; it's time to review those numbers."

Coun. Jenny Gerbasi

Lee McLeod, a national representative of the Canadian Union of Public Employees, of which CUPE 500 is a member, spoke in support of a mixed model.

"We believe there are

savings to be realized," said McLeod, adding the vote was disappointing. "What we've been saying is show us the savings."

Coun. Jenny Gerbasi (Fort Rouge-East Fort Garry) said

she doesn't understand why council would vote down an attempt to get solid information as to whether or not there has been money saved.

Mayor Sam Katz and other councillors stated that the union could bid in five years when the contract with Emterra runs its course.

But McLeod said this is impossible, since the union is not both an employer and an employee at the same time to be able to bid on a contract. Its employer is the City of Winnipeg.

BERNICE PONTANILLA/METRO

Over-budget fire hall gets cash from city

\$2.5 million.

City council approves
handout, even though
no one seems to
know what it's going
to be used for



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

They don't know what it's for, but they're handing out the cash anyway.

Winnipeg city council on Wednesday approved a motion of \$2.5 million toward the cost overruns of Fire Station No. 11, which is being built on the cloverleaf at Portage Avenue and Route 90.

The vote was 12 in favour and three against; opposing the motion were councillors Jenny Gerbasi (Fort Rouge-East Fort Garry), Brian Mayes (St. Vital) and Harvey Smith (Daniel McIntyre).

Coun. Paula Havixbeck (Charleswood-Tuxedo-Whyte Ridge), one of the most vocal



Coun. Paula Havixbeck, left, with Coun. Jenny Gerbasi, says that during her two years on city council, no other issue has galvanized Winnipeggers as much as the cost overruns of Fire Station No. 11. BERNICE PONTANILLA/METRO

critics on how the city's administration handled the file, said this has created a view of city hall as incompetent.

"Nobody here, I believe, can explain that \$2.5 million," said Havixbeck. "This cannot be condoned."

Havixbeck said she'd be voting in favour of the mo-

tion, but looks forward to a pending external audit that she was told should be ready by March or April.

Coun. Scott Fielding (St. James-Brooklands) said the mistakes made with Fire Station No. 11 have taken away from the fact that these new fire stations are needed, espe-

cially in St. James.

During the Oct. 29 protection and community services committee meeting, fire Chief Reid Douglas said he learned of the cost overruns in August. Douglas has been pointed out as the person responsible for changing the scope of the project.

1 NEWS

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TEACHER LOVES TIMMIES, BUT THAT'S NOT WHERE SHE'D GO FOR HER LAST MEAL



ABOVE-AVERAGE JOE
Kerri Salki

Meet Sarah! Most of her married life (10 years) was spent in Europe in an exciting career as an event planner for concerts, festivals and even TV launches. Now back home and with a daughter, she teaches at Red River College in the Business program among many other boards and committees. She says she feels blessed that she has been able to come back home and continue to do what she loves.

Name: Sarah Kahn (1975)
Occupation: Instructor/Educator/Event Professional
Dream job: Living it right now!
Celebrity Crush: Celebrities don't do much for me
What would your last meal be? My father's BBQ chicken tikka, fresh naan and chutney
Favourite show? Pyros and everything on the Food Network
Pet Peeve? Inconsiderate



Sarah Kahn CONTRIBUTED

people and bad grammar
Fave song right now? Don't You Worry Child by Swedish House Mafia
Last book you read? Think by Lisa Bloom
Hotel or camping? Hotel. Absolutely hotel.
Favourite Winnipeg restaurant? Does Tim Hortons count?
What would you tell your 10-year-old self? Surround yourself with people who lift you up!
Just because they're not famous doesn't mean they're not a somebody. If you know an Above Average Joe that you think needs recognition, email me at kerri.salki@102clearfm.rogers.com. KERRI IS PART OF 'THE JOE SHOW WITH KERRI AND BUBBA' ON 102.3 CLEARFM FROM 5:30-9 A.M.

Cool cats: Shelters overrun with kitties due to weather

Spay and neuter. Licensing cats won't help overpopulation unless those cats are fixed: Shelter owner



ELISHA DACEY
elisha.dacey@metronews.ca

The weekend's snowfall has seen a boom in shovel sales, trips to the chiropractor, and sparked snow zone confusion.

It's also seen local shelters suddenly overwhelmed with cats.

"When it finally gets cold, and when we get a snow like we got, people scoop up the cats around their neighbourhood, hanging around their deck, because ... they don't want them to freeze," said Aileen White, spokesperson for the Winnipeg Humane Society (WHS).

"The numbers skyrocket (in winter). Yesterday we took in 40 cats, and this past week we took in about 200," she said.

WHS is waiving all adoption fees for cats over four months old on Friday.



The city's shelters say they're overflowing with cats that need adopting. SHANE GIBSON/METRO

Other shelters are also seeing more cats. The Winnipeg Pet Rescue shelter put out a call earlier this week for help for their 40 cats in the shelter right now and more than 200 on the waiting list.

D'Arcy's ARC's executive director called this year the worst he's ever seen.

"We do get more (cats) this time of year but it's an ongoing problem," said D'Arcy Johnston. "Every year it comes up and we go to the city and nothing is done about it."

Johnston said he will be talking to the city's protection and community services committee Monday.

Not enforced

- The City of Winnipeg has a bylaw that states all cats over six months of age must be spayed or neutered, but it has never been enforced.

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Premier Greg Selinger speaks to students at École La Vérendrye on Wednesday afternoon after announcing progress in the government's plan to reduce class sizes in Manitoba. SHANE GIBSON/METRO

More teachers mean smaller class sizes, proud premier says

Learning curve.

Progress made on capping number of students in early grades



SHANE GIBSON
shane.gibson@metronews.ca

The plan to have no more than 20 students in classrooms from kindergarten to Grade 3 in five years is on track, with 79 new teachers hired over the last year, Premier Greg Selinger said on Wednesday.

Selinger made the announcement at École La Vérendrye in Winnipeg and told reporters afterward that smaller class sizes means Manitoba students will have the chance to learn in the best possible environment.

Lesson learned

"We are able to play, create, share, write and read in new ways because of our class size."

Mlle. Alyssa Herkert, Grade 1 teacher at École La Vérendrye, who was hired this year through the provincial initiative

"It's been all over Manitoba that we've taken these initiatives and we've seen very good results in our first year," he said.

"It means a significant reduction in the number of students in each class, which allows the teachers to pay more attention to each student. That allows each student to get off to a better start in school."

The province provided \$3 million in funding for 31 school divisions this year to

hire more teachers and provide professional development. It also announced that all Manitoba school divisions will be required to cap their kindergarten to Grade 3 classrooms at 20 students by September 2017. While each division was given leeway to have 10 per cent of classrooms go over the cap, no class will be allowed more than 23 students.

Selinger noted the hiring of extra teachers has reduced the number of kindergarten to Grade 3 classes with 24 or more students by 20 per cent provincewide. And it has increased the number with 23 or less students by 11 per cent.

The initiative will continue over the government's entire term in office, but Selinger couldn't say exactly how many more teachers will be needed to reach the 20-student goal.

Released child molester likely to settle in Winnipeg, police warn

Winnipeg police are warning the public about a convicted child molester released from the Headingley Correctional Institution who could be taking up residence in the city.

Ryan James Gabourie, 31, was convicted of breaching the terms of his recognizance order seven days after being released from serving seven years for sexual crimes against children, possession of child pornography and obstructing a peace officer in June 2011.

Gabourie's previous criminal record includes five counts of sexual assault, five counts of break and enter to commit sexual assault, possession of child



Ryan James Gabourie
CONTRIBUTED/WINNIPEG POLICE

pornography, break and enter with intent and other criminal offences.

Gabourie sexually molested five young boys between five and 11 years old by sneak-

ing into their homes through unlocked windows or doors while their families were sleeping, police said. The crimes shocked the city of Grand Prairie, Alta., between mid-2004 and early 2005.

While Gabourie took part in some sex-offender treatment while in prison, police and the Manitoba Integrated High Risk Sex Offender Unit (MIHSOU) consider him a high risk to re-offend. Both male and female children are at risk.

Gabourie is white, five feet eight, with brown hair and hazel eyes. Anyone with information should call the MIHSOU at 204-984-1888. METRO

Four-star follies shock the U.S.

Sex scandal. The Petraeus affair grows like a soap-opera plot but, Obama says, poses no security threat—yet

U.S. President Barack Obama made his first public comments Wednesday on the growing scandal around two of the country's top four-star generals.

Was national security threatened?

No, said a wary Obama. "I have no evidence at this point that classified information was disclosed that in any way could have any impact on our national security."

Meanwhile, the tangled tale that exposed one general's career-ending extramarital affair and another's questionable relationship with a Florida socialite was ballooning to soap-opera proportions. Four developments:

One: A U.S. official said the army has suspended the high security clearance of Paula Broadwell, the woman who had an affair with CIA director David Petraeus, triggering

Roadblock

Obama had hoped to use Wednesday's news conference, his first since his re-election, to build support for his economic proposals.

- **Stymied.** Instead, the scandal threatens to derail his agenda and complicate planning during a critical time in the Afghanistan war effort.

his resignation.

Two: With news vans camped outside her home, a Florida socialite tied to the Petraeus sex scandal asked police for diplomatic protection. Jill Kelley cited her status as honorary consul general for South Korea.

Three: Kelley's pass to MacDill Air Force Base has been suspended, the Pentagon said. Kelley now must report to the visitor centre and sign in.

Four: At least five current and former U.S. generals have been reprimanded or investigated for possible misconduct in the past two weeks, reports said.

THE ASSOCIATED PRESS



U.S. President Barack Obama steps up to the podium at his Washington, D.C., news conference Wednesday. He said of the Petraeus sex scandal: "I have a lot of confidence generally in the FBI, and they have a difficult job. It's best right now to see how this process unfolds." CHARLES DHARAPAK/THE ASSOCIATED PRESS

Too close

Why a bio can lead to a love affair

The affair between David Petraeus and Paula Broadwell is an extreme example of the closeness between biographers and their subjects.

"As with psychiatrists, same with biographers, you shouldn't sleep with your subject," said Blake Bailey, biographer of authors John Cheever and Richard Yates.

Years spent together, as Broadwell had with Petraeus in Afghanistan, can make the biographer's experience intensely personal, sexual or not.

Doris Kearns Goodwin was an aide to Lyndon Johnson, who sometimes took notes while the ex-president lay in her bed, a relationship she called platonic and described in her book, *Lyndon Johnson and the American Dream*.

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It's almost like Real Housewives

David Petraeus sent out signals he'd like to stay on for U.S. President Barack Obama's second term. But suddenly he was resigning over an extramarital affair. It's a scandal almost like Real Housewives. The cast:

Paula Broadwell

Author, married mom and Petraeus's biographer. Their affair was exposed after Broadwell sent emails to Jill Kelley, warning her to stay away from Petraeus, officials said.



John Allen

A four-star marine general, a top U.S. commander in Afghanistan. Some emails involving Allen and Kelley were "flirtatious," say officials.



David Petraeus

A four-star general praised for his leadership in Iraq and Afghanistan. Became CIA chief in 2011. Admitted an extramarital affair with Paula Broadwell.



Jill Kelley

Surgeon's wife, mom of three kids, friend of Petraeus and his wife. A party hostess and social liaison for leaders of the U.S. military's Central Command in Tampa.



The shirtless FBI man

And then there's this unnamed character: The FBI agent, a friend, to whom Kelley took her complaint about Broadwell's emails. He once sent her shirtless photos of himself, said an official. He passed Kelley's information for investigation.

Key figure. Jill Kelley blew the whistle

Nearly all lines in the tangled sex scandal involving David Petraeus lead back to Jill Kelley, the daughter of a Lebanese-born couple.

Her complaint about anonymous, threatening emails triggered the FBI investigation that led to the retired general's resignation Friday as director of the CIA.

Now Kelley is in the middle of an investigation of Gen. John Allen, the top U.S. commander in Afghanistan, over alleged "inappropriate communications" between the two.

Kelley's friendship with Petraeus and his wife began when the general arrived in Tampa in 2008.

Kelley and her husband, Scott, a cancer surgeon, threw a welcome party at their home.

Kelley also met Allen while he was at Central Command.

And now investigators are looking at 20,000-plus pages of documents and emails between Kelley and Allen.

THE ASSOCIATED PRESS



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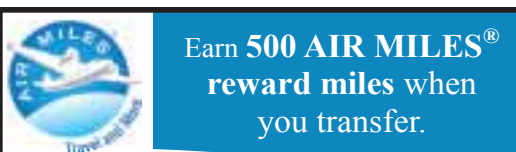


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People gather around the wreckage of the car in which Ahmed Jabari, head of the Hamas military wing in Gaza City, was killed on Wednesday. ADEL HANA/THE ASSOCIATED PRESS

Israel kills Hamas military chief, warns of broader operation

Pillar of Defence.

After assassination, Israel says a ground operation in Gaza is a strong possibility

Israel carried out a blistering offensive of more than 20 air strikes in the Gaza Strip on Wednesday, assassinating Hamas's military commander and targeting the armed group's training facilities and rocket launchers in Israel's most intense attack on the territory in nearly four years.

Israel said the air strikes, launched in response to days of rocket fire out of Hamas-ruled Gaza, were the beginning of a broader operation against the Islamic militants code-named "Pillar of Defence." Israeli defence officials said a ground operation was a strong possibility in the coming days though they stressed no decisions had been made, and much would

depend on Hamas's reaction. There were no immediate signs of extraordinary troop deployments along the border.

The attack that killed Hamas's Ahmed Jabari came at a time when Israel seems to be under fire from all directions. Relations have been deteriorating with Egypt's new Islamist government, Egypt's lawless Sinai desert has become a staging ground for militant attacks on Israel, and the Syrian civil war has begun to spill over Israel's northern border. Earlier this week, Israel fired back at Syria — for the first time in nearly 40 years — after stray mortar fire landed in the Israeli-controlled Golan Heights.

With at least 10 Palestinians dead, including two young children, Wednesday's offensive was certain to set off a new round of heavy fighting with Gaza militants, who have built up a formidable arsenal of rockets and missiles.

THE ASSOCIATED PRESS

Violence

In a nationwide address, Prime Minister Benjamin Netanyahu said Israel could no longer stand repeated attacks on its southern towns.


- **Impact.** Days of rocket fire have heavily disrupted life for some one million people in the region, cancelling school and forcing residents to remain indoors.
- **Escalation.** The Israeli military said it was ready, if necessary, to send ground troops into Gaza. The defence officials who said a ground operation was likely in the coming days spoke on condition of anonymity because they were discussing sensitive military plans.

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Ill woman denied an abortion dies, flaring Irish debate

Fading health. A woman suffering during pregnancy was refused an abortion and died in hospital from blood poisoning



Indian national Savita Halappanavar died after being refused a termination of her pregnancy at a hospital in Galway, Ireland. HANDOUT/GETTY IMAGES

The debate over legalizing abortion in Ireland flared Wednesday after the government confirmed that a woman in the midst of a miscarriage was refused an abortion and died in an Irish hospital after suffering from blood poisoning.

Prime Minister Enda Kenny said he was awaiting findings from three investigations into the death of Savita Halappanavar, a 31-year-old Indian woman who was 17 weeks pregnant.

Her case highlighted the legal limbo in which pregnant women facing severe health problems can find

legalized for situations when the woman's life is at risk from continuing the pregnancy.

Five governments since have refused to pass a law resolving the confusion, leaving Irish hospitals reluctant to terminate pregnancies except in the most obviously life-threatening circumstances.

Halappanavar's husband, Praveen, said doctors at University Hospital Galway in western Ireland determined she was miscarrying within hours of her hospitalization for severe pain on Sunday, Oct. 21.

He said over the next three days, doctors refused their requests for an abortion to combat her surging pain and fading health.

He said his wife vomited repeatedly and collapsed in a restroom that night, but doctors wouldn't terminate the fetus because its heart was still beating.

THE ASSOCIATED PRESS

themselves in predominantly Catholic Ireland.

Ireland's constitution officially bans abortion, but a 1992 Supreme Court ruling found the procedure should be

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Facebook prompts delight, disgust with couples pages

Forced togetherness.

Users can't opt out of new mandate that establishes separate page for listed couples

Facebook gives and Facebook takes away, version 3.0.

The global behemoth of social media has introduced an automatic "couples" page that has triggered the same instant revulsion and joy of its past changes.

Facebook introduced the "couples" page last Thursday as "a new look for the Friendship page." If you and someone you are in a relationship with list each other by name in your respective your statuses, Facebook has already created a page just for the two of you. To see it, go to facebook.com/us.

The page collects all of your joint tagged pictures, lists your mutual friends and tracks your shared posts.

"Makes me want to retch," Emma Barnett, women's editor



An example of the controversial new couples pages. SCREENSHOT

of Britain's Daily Telegraph, felt compelled to say.

"This is super lame. I am not a combined unit with my loved one," wrote Liz Remp of Ann Arbor, Mich., on Facebook.

"If this signals an end to all the JohnDoe JaneDoe accounts, I'm all for it," said Gabriel Crutchfield of Knoxville, Tenn.

A Facebook page popular in Hong Kong, Profiles for

Couples, has been lobbying for this very "road to virtual unity" since 2009.

Couple-page fan Tiffany McGee of Cedartown, Ga., joined the groundswell in 2010, ex-

Edgerank

Facebook is often accused of needless meddling. In September, the company strengthened its filter for old or irrelevant posts.

- One agency discovered the reach of 15,380 of its posts had dropped by half after the changes.
- The wound was re-opened Monday when a Scottish developer revealed a workaround.

plaining, "It seems easier to me to have a page with my husband. His friends are my friends and vice versa! It would be nice just to have one page to edit :)"

As with other Facebook mandates, there is no opt-out.

TORSTAR NEWS SERVICE

What do you think of Facebook "couple" pages? Tweet us your thoughts at: @metrowinnipeg



Inuktitut. Inuit people missing sex terminology

It burns. It itches. It stings and it's sore.

The doctor tells you it's chlamydia, but how can you fully understand what that means if your language doesn't have the right words?

In Canada's 53 Inuit communities, where more than 35,000 people speak Inuktitut as a first language, the dearth of specific terms and phrases relating to sexually transmitted infections and diseases like HIV/AIDS is seen as a barrier to public health.

That's why Pauktuutit Inuit Women of Canada has released a glossary of terms to fill in the blanks.

The organization decided to address the troublesome sexual semantics after the issue was raised at a health forum in Iqaluit, Nunavut, in 2009. Even words for major diseases lacked clarity, said Geri Bailey, Pauktuutit's manager of health policy and programs.

"Cancer and HIV translate the same way in some dialects: you have a terminal illness and you're going to die," she said.

TORSTAR NEWS SERVICE

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me to we
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Canadians' summer spending spree

Did the warm weather loosen our collective purse strings? According to a report released Wednesday, Canadian debt loads grew at their fastest pace in two years during the summer — an alarming rate, given that officials continue to warn consumers that household spending is out of control. Credit reporting agency TransUnion's latest quarterly analysis of Canadian credit trends found average consumer non-mortgage debt jumped 4.6 per cent year-over-year in the third quarter to an average of \$26,768. GETTY IMAGES FILE

Hollinger. Former exec reaches plea agreement with OSC

Conrad Black's former business partner David Radler has been barred from acting as an officer or director of a public company in Ontario for his role in the fraud at Hollinger newspaper group, but has escaped financial penalty.

The plea agreement approved Wednesday saw the Ontario Securities Commission withdraw all charges against Radler.

Radler, who lives in Vancouver and oversees a privately held newspaper group, was not at the 15-minute hearing in downtown Toronto. "Mr. Radler is moving on with his life," said his lawyer, David J. Martin.

The ban is indefinite, although Radler can apply to have it reviewed at any time.

OSC Commissioner Christo-

pher Portner said he was "satisfied" with the joint-agreement and that it kept in line with the regulator's mandate of protecting Ontario's capital markets.

Radler is also prohibited from becoming a registrant, employee, director or officer of a registrant or an affiliated public company in Ontario. He must also refrain from directly or indirectly trading or acquiring securities related to Hollinger Inc.

Wednesday's deal is related to charges originally filed in March 2005 against Radler, Black and Hollinger Inc., which at one time controlled a newspaper empire that operated in Canada, the United States, Britain and elsewhere.

THE CANADIAN PRESS

Home improvement

Shareholder battles for control of Rona's board

A battle for control of home renovation company Rona was formally launched Wednesday after the company's second-largest institutional shareholder said it was seeking to sweep out the existing board and install new directors.

Invesco Canada, which owns about one-tenth of Rona Inc. shares, issued the call for change after the chain reported dismal financial results last week and its long-time chief executive resigned.

The unexpected departure of Robert Dutton came two months after he and the other Rona directors fended off a takeover by American rival Lowe's.

THE CANADIAN PRESS

Market Minute



DOLLAR
99.62¢
(-0.19¢)



TSX
11,929.79 (-204.87)



OIL
\$86.32 US (+94¢)



GOLD
\$1,730.10 US (+\$5.30)

Natural gas: \$3.76 US (+2.1¢)
Dow Jones: 12,570.95 (-185.23)

Prentice calls for clarity on state-owned investment

Nexen deal. Ex-Tory cabinet minister says controversy has been building for years

Quoted

"This is a pivotal time for the Canadian government."

Jim Prentice, former Conservative cabinet minister, in a speech to the Oil and Money 2012 conference

Former Conservative cabinet minister Jim Prentice says strict rules on governance and investment transparency are needed if state-owned enterprises are allowed to move into Canada, but that the country cannot afford to turn its back on such opportunities.

In a speech to the Oil and Money 2012 conference in London, Prentice said current turbulence over investments by state-owned enterprises in Canada may have caught some in the international community by surprise.

However, Prentice, now a senior executive with Canada Imperial Bank of Commerce, said the controversy has been building for years. It recently came to a head with a couple of major takeover deals — including the \$15.2-billion bid by state-owned China National Overseas Oil Corp for Nexen Inc.

The bid, made last August, is still under review by Ottawa under the Investment Canada Act, which requires that major takeovers by foreign concerns are of "net benefit" to Canada.

More recently, the federal government turned thumbs down on a \$6-billion offer by Malaysia's state-owned oil company, Petronas, for Canada's Progress Energy Resources. Petronas still hopes that deal will eventually be approved.

"This is a pivotal time for the Canadian government," Prentice told his audience.

He said it would be "patently unwise" to turn down investment from countries like China, "particularly in circumstances where the transactions do not imperil Canadian values or environmental and labour laws," he said.

THE CANADIAN PRESS

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A PENCHANT FOR CATS



HE SAYS...
John Mazerolle
metronews.ca

I have a deep, dark secret to reveal, as difficult to cough up as a hairball: I like house cats.

In this world of chronic cat-snugglers and billionaire Instagram founders, that

might not seem like a source of shame. But embracing kitties goes against all my instincts; it's as off-putting to me as stroking a tabby in the wrong direction.

I've always said I hate cats. Even my Twitter bio says so, and if you can't trust Twitter (the microblog of record) what can you trust?

But as I age my kitty-rage is abating, purr by purr.

My frosty feelings toward felines have been perfectly valid, of course. It's well documented that cats care more about themselves than us, and I haven't dealt well with that constant level of rejection.

If there was a Lassie/Littlest Hobo-type show called The Wandering Cat, he'd just come across a person trapped in a burning car or a kid stuck down a well every week, then chuckle to himself and move on.

Like most humans, I require more validation than cats can offer. If you ever needed an argument against the religious belief that everything on Earth is here for the benefit of man, look no further than Mr. Cat. We've clearly been put here for him. God is a cat.

And an Old Testament God at that: Make no mistake, kitties are killers. Everything they do — the constant cleaning, the claw maintenance, the yarn-based, paw-hand co-ordination training — all done to make them the most efficient instrument of slaughter possible. I can only assume their instinct to lay on keyboards comes from a long history of sending bird and mice families letters of condolence.

And, fair or not, I've always compared felines to dogs, whose whole purpose on Earth is to a) make clear how incredibly excited they are to know you and b) lick their nether regions with vigour. This probably also had hunting purposes once, but now it's pretty clear the dogs just enjoy crotch cleaning. I can get behind this.

I never gave cats a fair shake, because animal-rights groups say you shouldn't do that. But decades of nuzzles and leg rubs and purrs have reached me, I guess.

I still don't like aggressive cats — Siamese are clearly Satan-Cats — but I don't judge dogs based on pit bulls or humans based on the guy in the bank line picking his nose, so fair's fair.

There was never a Special Moment that put cats in my good books. It just happened, after years of surreptitious scratches behind the ear. It had always irked me that cats want to be in control, but I've decided to let them if it works out in the end.

I've learned to be the bigger pussy. It's what The Wandering Cat has taught me.



Like it or not, the kitty cat is king. Be wary of razor-sharp claws and superlative night vision. JUSTIN SULLIVAN/GETTY IMAGES

Black eye in the night sky



TOURISM QUEENSLAND/THE ASSOCIATED PRESS

Watch the skies

Lights out in Australia

Australia's first total solar eclipse in more than a decade was visible Wednesday. The spectacular event was watched by enthusiastic crowds, with more than 50,000 flocking to Queensland, the site of the best views.

The eclipse cast a 150-kilometre shadow over northern Australia, spreading darkness over the region, lasting over two minutes. **METRO**

No. 1 eclipse fan



"I was thinking, 'Are we gonna see this?' And

we just had a fantastic display, it was just beautiful."

Terry Cuttle of the Astronomical Association of Queensland
Cuttle is the most prominent local eclipse enthusiast. He has witnessed more than 10 of these events.

One more left

This was the third of four eclipses in 2012, down from six in 2011.

- **May 20** – Annular solar eclipse. The moon partly covered the sun for more than three hours on a path visible from China, Japan and parts of North America.
- **June 4** – Partial lunar eclipse. Moon partly hidden and turned red by reflected sunlight. The best views were in

Western Canada.

- **Nov. 14** – Total solar eclipse. Travelled back to Nov. 13 as it finished close to the coast of South America. Lasted up to four minutes.
- **Nov. 28** – Penumbral lunar eclipse. The last eclipse will see the moon partly hidden by shadow and tinged red. Australia, East Asia and Hawaii will have the best viewing positions.



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Should Canada follow some U.S. states in legalizing marijuana?

60%
NO, POT IS A
GATEWAY
DRUG

20%
YES, IT'S NO
WORSE THAN
ALCOHOL

20%
MAYBE, THAT WAY
GOVERNMENTS CAN
REGULATE IT

Twitter

@coldcanuck:

Hey city of #Winnipeg your parking meters suck...how can I make a 9am meeting when your stupid meters won't take money till 9

@swagner204:

Ughh. I have a bacon craving and friggin' European Meats won't have bacon until tomorrow. #winnipeg problems..

@KaitieMSmith:

#WhenIDrink I always lose stuff.... mainly my dignity

@JGuimond93:

Today's a good day and I won't be brought down today because of you

@iamhq:

What is a red velvet cupcake? #seriousquestion

@otiviadyck:

Hating all your clothes is the first sign that your day isn't going to be good

Metric's Emily Haines: a mess, admittedly

Getting real.

Frontwoman stops hiding behind her words and starts expressing herself with them



BACKSTAGE PASS

Jared Story
jaredstory@metronews.ca

The first line Metric frontwoman Emily Haines sings on *Synthetica* — the Toronto indie rock band's fifth studio album — is "I'm just as f—ed up as they say."

Haines says the original opening line to *Artificial Nocturne* was far less literal, that was until guitarist James Shaw encouraged her to scrap the subtlety.

"I was doing that thing where you hide behind the words instead of saying what you really mean," Haines says.

"James asked me 'what are you trying to express?' Well, I'm flawed. We're all flawed. I don't want to pretend that I'm not and I think other people feel the same way. I think I'm f—ed up, just as f—ed up as they say. He's like 'bingo, that's your line.'"

Imperfection is a theme throughout *Synthetica*. For instance, the song *Breathing Underwater* contains the line: "They were right when they said we should never meet our heroes."

"The point of that is to realize the people you admire have become their best self through their work and a lot of times it's hard for them to measure up as a human being," Haines says.

"Everybody's dealing



Toronto indie rockers Metric play the MTS Centre on Saturday night. JUSTIN BROADBENT

with life and if you expect an artist to stand there and be a painting you're going to be disappointed."

However, some heroes

don't disappoint. *Synthetica* features a collaboration with Lou Reed, the New York rocker lending his iconic voice to *Wanderlust*.

"My vocal is so innocent and hopeful in the chorus, like 'I'm going to go and see the world', that idea of yearning to see things

Nothing like a good Reed

"To my surprise the first thing he said to me was 'Emily Haines, who would you rather be, the Beatles or the Rolling Stones?' which is line from our song *Gimme Sympathy*... That was a great moment for me, him acknowledging my writing. I shot back, 'I'd rather be the Velvet Underground.'"

Emily Haines, on her first encounter with Lou Reed

without understanding the consequences. I felt like I needed a world weary voice to represent the darker side of wanderlust," Haines says.

It wasn't Haines first encounter with the former Velvet Underground frontman, having first met him in 2010 at a Neil Young tribute concert in Vancouver.

"To my surprise the first thing he said to me was 'Emily Haines, who would you rather be, the Beatles or the Rolling Stones?' which is line from our song *Gimme Sympathy*," Haines says.

"That was a great moment for me, him acknowledging my writing. I shot back, 'I'd rather be the Velvet Underground.'"

Metric brings its *Synthetica* Canadian tour to the MTS Centre on Saturday. Toronto indie pop band Stars provides support.

Tickets are \$56.75 to \$40.75 at Ticketmaster. Showtime is 8 p.m.

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Dealing with the pressures of young fame

Twilight. With the release of the final film, the stars look back on how the personal costs of fame have affected them

Kristen Stewart and Robert Pattinson sit side by side on a sofa at the Four Seasons hotel, discussing the end of the five-film project that made them famous and brought them together.

Twilight rocketed both to superstardom, and their real-life romance only propelled them further. With Friday's release of the final film in the franchise, *The Twilight Saga: Breaking Dawn — Part 2*, the young actors bid farewell to the worldwide fantasy sensation, but not to the tabloid attention they garner wherever they go.

Dedicated Twi-Hards were devastated when Stewart admitted in July to cheating on Pattinson in a "momentary indiscretion" with her married *Snow White* and the Huntsman director. Bella and Edward, er, Stewart and Pattinson briefly split, which not



Taylor Lautner, left, Kristen Stewart, Stephenie Meyer, and Robert Pattinson get to go back to a normal life as *Twilight* ends. MATT SAYLES/THE ASSOCIATED PRESS

only threatened to jeopardize marketing for the final *Twilight* film, but unraveled the real-life element of the vampire love story.

Now reunited, the pair finish each other's sentences during a recent interview as they talk about how much their lives have changed since the first *Twilight* movie was released in 2008.

"After the first one, I mean, it's a different world you're living in," says Pattinson, 26.

"Also, we're at that stage of life when things are shifting anyway," adds Stewart, 22, who was just 17 when she first played Bella Swan.

Global fame makes growing up challenging, they say, acknowledging they've be-

come more insular.

"It's a really weird thing because you kind of have to hide," Pattinson says, "and hiding really destroys the thing which, for one thing..."

Stewart interjects: "That fuels you as an actor."

"Yeah. It destroys your fuel," he continues, "and also it destroys — you get to the point where you start to lose

interest in things because you spend so much time..."

"Guarding," Stewart says.

"Yeah, and that's your world," Pattinson says. "Your world gets smaller. There's a massive contraction. And the weirdest thing is the more you contract it, the more the (public) interest goes up. It's so crazy. There's no way around it. You're either on

Quoted

"Your world gets smaller. There's a massive contraction."

Robert Pattinson

Talking about the price of fame.

a 24-7 reality-TV show, or people think you should be."

"No, it's hilarious," Stewart says, not looking like she finds it very funny. "Either way, people are like, 'Ugh. Famewhores.'"

But she has wanted every *Twilight* film to be successful and knows it's not popular to complain about the personal costs of fame.

Director Bill Condon, who began working with Stewart, Pattinson and Taylor Lautner in 2010, says the young megastars understand the pressures of the spotlight.

"They appreciated the good stuff about it, they were able to kind of glide through the stuff that wasn't so good, and, really, they're three very grounded human beings who really just, I have to say, matured into better versions of themselves," Condon said.

THE ASSOCIATED PRESS



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OPENS
NOV. 28

TwiHards, test your vampire knowledge

MICHELLE CASTILLO
Metro World News in New York

1. For their honeymoon in The Twilight Saga: Breaking Dawn: Part 1, Edward takes Bella to Isle Esme. What is the real name of the closest Brazilian town where the scenes were filmed?

- A) Ilhabela, Ilha de Sao Sebastiao in the Brazilian state of Sao Paulo
- B) Paraty, Costa Verde in the Brazilian state of Rio de Janeiro
- C) Breves in the Brazilian state of Para
- D) Sao Jose de Ribamar, Sao Luis Island in the Brazilian state of Maranhao

2. Carolina Herrera designed Bella's wedding dress for the movie. How many buttons are on the back of the dress from the top to the hemline?

- A) 107
- B) 235
- C) 730

D) 152

3. Who was Stephenie Meyer's first choice to play Edward Cullen?

- A) Henry Cavill
- B) Ryan Gosling
- C) Chase Crawford
- D) Zac Efron

4. What is the name of the beer that Charlie drinks in Twilight?

- A) Rainier Beer
- B) Pike Beer
- C) Pyramid Ale
- D) Red Hook Pilsner

5. What are the main differences between the Cullen family crest in the film and the Cullen Coat of Arms in real life?

- A) There's a lion and no sheaf of wheat on the movie crest.
- B) There's a lion and no sword on the movie crest.
- C) There's a lion and a lamb on the movie crest.
- D) There's a lion and a fleur de lis on the movie crest.



It's time to bid adieu to Edward and Bella. HANDOUT

Answers

1. B

2. D

3. A

4. A

5. A

• 0 right. You call yourself a fan?

• 1-2 right. You might have

intimate vampire knowledge, but don't expect to join the family anytime soon.

• 3-4 right. It's time to get out of the movie theatre and into the great outdoors. You're starting to sparkle in the sun.

• 5 right. Scariest than the Volturi, you are.



Do you know what kind of beer Bella's dad Charlie prefers to drink? HANDOUT



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KEA STOCKHOLM cushion \$19.99/ea. OLUNDA picture \$49.99. SAMTID floor lamp \$49.99.

Working with John Ritter

Salad days

By 2002, Cuoco was feeling discouraged. She hadn't worked in a year. Then her agent phoned about a project called 8 Simple Rules for Dating My Teenage Daughter. Reluctantly, she auditioned for the part of the older daughter in a household whose loving but bewildered dad would be played by John Ritter.

Ritter, died abruptly early in its second year. The show pushed on through a third season, but it never overcame Ritter's tragic absence. "I just adored him," she says, unleashing a stream of memories of how much she learned from him.

"He'd put a potato chip on his shoulder and go, 'Do I have a chip on my shoulder?' And we would just crack up! Working with him showed me that I loved sitcoms," she goes on. "I love silliness. That's who I am at heart, and I know I can do it. If my career path takes me elsewhere, that's great. But comedy is my forte."

THE ASSOCIATED PRESS

Blond gets a bang out of starring on hit nerd show

Funny, not a dummy.

Kaley Cuoco discusses her early life and career, her hit show and why she will always be a comedy gal at heart

"I know this sounds like it's not true," says Kaley Cuoco, "but as huge as the show is, it's just part of my life."

The Big Bang Theory is huge all right. Now in its sixth season (airing Thursdays on CBS at 8 p.m. EST), it reigns as TV's hottest sitcom.

As virtually every viewer knows by now, Big Bang centres on a gaggle of geeky Cal Tech scientists, chief among them Sheldon (Jim Parsons) and Leonard (Johnny Galecki), apartment mates who, by great good sitcom fortune, live across the hall from Penny, played by Cuoco. Penny aspires to be an actress but pays the

rent by waiting tables at a Cheesecake Factory.

Unlike the boys, Penny is no genius. But neither is she a dumb blond, which is key to the genius of Big Bang.

"She's obviously not book-smart," says Cuoco, "but she's street smart and good-hearted and can make fun of herself. The producers never made her ditz. Maybe she doesn't always

get what the guys are talking about. But in that way she represents most of the world."

It was pretty smart to make Penny the "normal" character through whom the audience can enter the abstruse, brainy realm the guys occupy. At the same time, sexy Penny presides as a universal object of desire.

THE ASSOCIATED PRESS

Portrait of the actress as a young girl

Cuoco talked about her dad, a real estate agent who has weathered tough times, and her stay-at-home mom in Southern California.

- During her childhood, they often had to cut corners.
- "This year, I'm hosting Thanksgiving and Christmas with, like, 25 people at my house — I can do that now."

Her voice starts to tremble and her eyes moisten. "It's emotional, 'cause I remember we could never afford that. The show has been the hugest blessing."

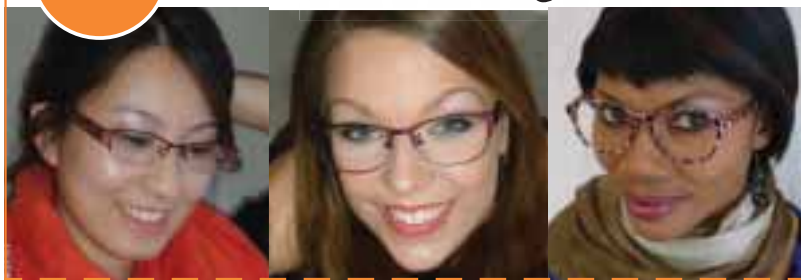
- Cuoco grew up happy to be the centre of attention. "I was always very silly and never took myself seriously," she recalls.



Kaley Cuoco says she was never one to take herself too seriously, a trait that has proved very useful in her role as Penny on Big Bang Theory.

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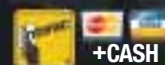
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Donald Trump. ALL GETTY IMAGES

Donald Trump continues to address the big issues

Offering his thoughts on the presidential election — and how the U.S. is in need of a “revolution” — isn’t apparently enough for Donald Trump, who’s now using his Twitter account to weigh in on other weighty matters. For instance, when it comes to *Twilight* co-stars Robert Pattinson and Kristen Stewart and their recent reconciliation, Trump apparently has little faith in Stewart’s fidelity.

“After
Fri-

day’s *Twilight* release, I hope Robert Pattinson will not be seen in public with Kristen,” Trump wrote. “She will cheat on him again!”

The tweet immediately drew the ire of the *Twilight* fan base, so Trump next took his case directly to Pattinson, with a tweet.

“Robert, I’m getting a lot of heat for saying you should dump Kristen — but I’m right.”

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Elmo puppeteer cleared of accusations

The 23-year-old man who claimed he was only 16 when he had a sexual relationship with Elmo puppeteer Kevin Clash has recanted his claim, according to the *Los Angeles Times*.

The unidentified accuser “wants it to be known that his sexual relationship with Mr. Clash was an adult consensual relationship,” a statement from his attorney

reads.

Clash had taken a leave of absence from Sesame Street when the allegations made headlines earlier this week.

“I am relieved that this painful allegation has been put to rest,” Clash says in a statement. “I will not discuss it further.”

The same goes for Sesame Workshop, the company behind the long-running children’s show.

“We are pleased that this matter has been brought to a close. We are happy that Kevin can move on from this unfortunate episode,” the company’s statement reads.

Twitter



@TheEllenShow

The guys from @OneDirection told me what they’re looking for in a girlfriend. I had 5,000 applicants ready.



@ChristianSlate4

I’m just quietly living my life. Watching the roomba suck up all the cat hair.



@oliviawilde

Note: don’t over-indulge at the Meatball Shop just so you can ask the waiter how he likes his balls eaten.



@ConanOBrien

Fall is in the air. No wait, that’s car exhaust. Still, it’s a more autumnal-smelling car exhaust.



Brad Pitt and Angelina Jolie

Pitt and Jolie shut down restaurant for their kids

Brad Pitt and Angelina Jolie know how to show their kids a good time when they visit Pitt’s parents and it involves letting them run wild at local restaurant Arri’s Pizza, according to *Us Weekly*.

The place shuts

down for the entire night and the kids raise a ruckus. They jump on tables and even throw food at each other,” a source says, adding that Pitt and Jolie like to leave the nannies at home and “let the kids enjoy themselves” for the evening. “Brad and Angelina just sit there and talk to one another while the children run around in circles.”

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Left to right: A wine-soaked pout from Chanel's new holiday campaign, Rihanna's must-copy dramatic lip at Victoria's Secret and burgundy looks nailed by Naomie Harris and Sara Blomqvist.



Burgundy boom

Beauty. Shades of Merlot and oxblood are a runway-endorsed beauty trend. But it was Rihanna's recent performance at the Victoria's Secret show that has us really craving a dark lip.

ROMINA
MCGUINNESS
life@metronews.ca

Choose the shade to best flatter your skin tone

This bit of advice will keep you from looking like a washed out Goth. "If you have very light

skin, avoid a dark burgundy. It's too heavy on the face," says makeup guru Tanya Burr, who is most known for her YouTube tutorials on how to re-create celebrity looks.

"People with olive complexions can pull off darker shades because it won't be such a shock against the skin. And for dark skin, vibrant shades of burgundy, such as MAC's lip-stick in Rebel, are most flattering," she adds.

Avoid textures that are too matte or too glossy

It's not just the shade of burgundy you need to get right, but the texture. "Completely matte, dark lipsticks look too heavy," Burr says. "And ones that are too glossy are really hard to work with because they

end up all over your teeth." Go for a satin, creamy finish for the best results.

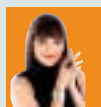
Balance a heavy lip with a subtle, smoky eye

Balance is the operative word here. "Because burgundy lips are so heavy, you don't want to go full-on, applying lots of dark eye makeup," Burr says. "On the other hand, I wouldn't wear a naked eye either because otherwise the eyes and the lips will be really unbalanced. Don't think, 'I'll just put on mascara.' You'll have no definition on the eyes and be all lip," she adds. Instead, she recommends trying a subtle, soft brown smoky eye as a way to round out the drama of the lip.

Shades of red

 <p>Chanel Rouge Allure Luminous Intense Lip Colour in 108 Déterminée \$34, chanel.com</p>	 <p>Revlon Super Lustrous Lipstick in Black Cherry, \$8, revlon.com</p>	 <p>MAC Lipstick in Rebel, \$15, maccosmetics.com</p>
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Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

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@Jeanne_Beker: Check out exquisite aboriginal beadwork of Tammy Beauvais in Kahnawake @ Manitobah mukuks @EtalkCTV



@Jeanne_Beker: At Huntsville Summit Centre, where my childhood dreams have come true. My very own dressing room!



@Jeanne_Beker: Couldn't leave @Denis_Gagnon boutique on Rue St. Paul without buying one of his divine coats!

Upgrade your panini sandwich with unique Roasted Beet Bread



This recipe makes two loaves. THE CANADIAN PRESS HANDOUT

Night Before

1. In a large bowl, combine these ingredients and mix with a wooden spoon. Cover with plastic wrap and let sit on the counter for 12 to 16 hours.

Day Of

1. To "night before" mixture, add pureed beets and any juice, whole-wheat flour and instant yeast. Mix with a wooden spoon till smooth. Let sit, uncovered, for 10 minutes. Add thyme and salt, mix until smooth.

2. Start to add bread flour. Once it becomes too hard to mix in the bowl, turn dough onto a flat surface and knead for 10 minutes. This will be a sticky dough, so be careful not to add too much flour. Add just enough to prevent dough from really sticking to your fingers when kneading.

3. Add a little olive oil to a clean large bowl. Place dough in bowl and turn over a few times to very

lightly coat all sides of the dough with oil. Cover with plastic wrap. Let dough rise for 1 1/2 hours or till double in bulk. Turn onto a flat surface. Cut dough in half and mould each half into desired shape.

4. Place shaped dough on a piece of parchment paper sprinkled with cornmeal. Spray tops with a little oil spray and cover with plastic wrap for 1 hour or till double in bulk.

5. Heat oven to 200 C (400 F) and place baking stone on centre rack. Place a cast-iron skillet (filled with lava rocks if you have them) on oven floor or on lowest rack. When loaves have doubled, sprinkle with a little whole-wheat flour and slash an X on top of each.

6. Place in hot oven directly on baking stone. Pour about 250 ml (1 cup) boiling water into hot skillet and close oven door.

7. Bake for 30 to 35 min-

Ingredients

Night before

- 250 ml (1 cup) bread flour
- 1 ml (1/4 tsp) instant yeast
- 250 ml (1 cup) lukewarm water

Day of

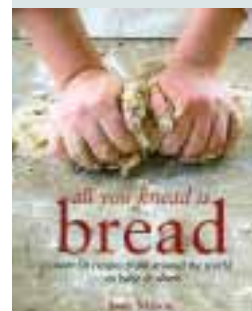
- 250 ml (1 cup) pureed roasted beets plus any juice
- 125 ml (1/2 cup) stone-ground whole-wheat flour, plus extra for sprinkling
- 3 ml (3/4 tsp) instant yeast
- 15 ml (1 tbsp) chopped fresh thyme
- 8 ml (1 3/4 tsp) salt
- 675 ml (2 3/4 cups) bread flour (approx)
- Olive oil
- Cornmeal

utes or until loaves sound hollow when tapped on bottom. (Or stick a meat thermometer into the centre of loaves; when it reads 82 C/180 F they're ready.)

THE CANADIAN PRESS/ THEKNEAD-FORBREAD.COM

Cookbook of the Week

Everything you knead to know



Jane Mason's All You Knead is Bread aims to inspire readers to start baking by explaining techniques, demystifying the process with step-by-step photos and presenting a huge variety of breads.

Among the 50 recipes in the book are flavours from all over the world that will go with every meal and can be served as snacks and desserts as well.

Spanning wheat and the myriad of other grains used from country to country, All You Knead is Bread features breads such as pita, soda bread, cinnamon buns, cheese rolls, rye bread and more. METRO

Spinach and feta flavours

Night Before

1. In a large bowl, combine these ingredients and beat until well combined. Cover with plastic wrap and let sit for 12 to 16 hours.

Day Of

1. In a saucepan, place 15 ml (1 tbsp) oil and set on stove to warm. Add spinach and sauté till cooked, stirring continuously so spinach doesn't brown. Sauté 2 mins., place on paper towels. Use hands to press down on spinach to squeeze out liquid and set aside.

Ingredients

Night before

- 175 ml (3/4 cup) bread flour
- 125 ml (1/2 cup) lukewarm water

- 1 ml (1/4 tsp) instant yeast

Day of:

- 15 ml (1 tbsp) oil
- 500 ml (2 cups) chopped fresh spinach
- 300 ml (1 1/4 cups) lukewarm water

- 125 ml (1/2 cup) dark rye flour
- 300 ml (1 1/4 cups) whole-wheat flour, plus extra for sprinkling

- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) instant yeast
- 500 ml (2 cups) bread flour
- 250 ml (1 cup) feta cheese
- Cornmeal



This recipes makes two loaves. THE CANADIAN PRESS HANDOUT

2. Combine "night before" mix with lukewarm water. Mix with wooden spoon. Add rye and whole-wheat flours and mix till smooth. Add salt and instant yeast and stir until well blended. Let mix sit, uncovered, 10 mins.

3. Add bread flour, about 125 ml (1/2 cup) at a time, until mixture becomes too hard to mix. Turn dough onto a floured surface and knead in remaining flour. Use just enough flour to make dough slightly sticky. Knead dough 10 mins. Let dough rest for about 5 mins. Flatten dough a little and knead in cooked spinach and feta cheese until

incorporated. (Don't worry if spinach is clumped together; it will break up during kneading.)

4. Put a little oil in a clean, large bowl. Place dough in bowl and turn over till lightly coated on all sides. Cover with plastic wrap and let rest for 2 hours or till double in bulk.

5. Turn dough out onto a flat surface and cut in half. Shape into 2 round loaves and place on cornmeal-covered piece of parchment paper. Sprinkle top of dough with little whole-wheat flour. Cover loaves with plastic wrap and let rest for 1 hour.

6. About 45 mins. before baking, place a baking stone in oven and a cast-iron skillet on the floor of the oven or on lowest rack. (If using baking sheet rather than baking stone, do not place baking sheet into oven beforehand.) Heat oven to 220 C (425 F). Score tops of loaves and place in oven. Pour 250 ml (1 cup) boiling water into hot cast-iron skillet; close oven door.

7. Bake 35 mins. or till loaves sound hollow when tapped on bottom.

THE CANADIAN PRESS/THEKNEAD-FORBREAD.COM

Gluten-Free Banana Bread



This recipe makes one loaf. ISTOCK

1. Heat oven to 180 C (350 F). Lightly spray or grease a 23-by-12-cm (9-by-5-inch) loaf pan.

2. In a bowl, combine bean flour, cornstarch, tapioca flour, xanthan gum, baking soda, cream of tartar, salt and cinnamon. Mix together with a wire whisk.

3. In a separate large bowl, combine butter and brown

sugar; slowly add egg substitute and beat until fluffy. Add vanilla and mashed banana. Mix well.

4. Add flour mixture and stir till smooth. Pour into prepared loaf pan and bake for 50 to 55 minutes. Let cool in pan for 10 minutes before removing and let cool on a wire rack.

THE CANADIAN PRESS/ THEKNEAD-FORBREAD.COM

Ingredients

- 150 ml (2/3 cup) bean flour (light or dark)
- 150 ml (2/3 cup) cornstarch
- 125 ml (1/2 cup) tapioca flour
- 2 ml (1/2 tsp) xanthan gum
- 3 ml (3/4 tsp) baking soda
- 6 ml (1 1/4 tsp) cream of tartar

- 2 ml (1/2 tsp) salt
- 7 ml (1 1/2 tsp) cinnamon
- 75 ml (1/3 cup) soft butter
- 150 ml (2/3 cup) brown sugar
- 150 ml (2/3 cup) egg substitute
- 5 ml (1 tsp) vanilla
- 250 ml (1 cup) mashed ripe banana

IS YOUR PLACE DOWNTOWN?

Ask anyone: Downtown Winnipeg is looking better than it ever has. People who commute downtown know it; store owners know it, too. But no one knows it better than downtown residents themselves.

Downtown Winnipeg's housing market is undergoing an incredible revival, with condominium and apartment developments like H20, District Condos, Loftworks, the Penthouse, Sky Waterfront, 62M, and more, bringing new life to the streets of the Exchange District, and along Waterfront Drive, 24/7. It is a trend that is virtually guaranteed to continue, with plans for more developments already announced.

Newer, and ever more innovative, residential spaces will continue to make their mark on the downtown. Among them: Glasshouse, an impossible to miss, gleaming glass tower that will open on Hargrave Street some time in 2015.

Glasshouse's lofts will epitomize

ON THE WEB

Is there a home for you in downtown Winnipeg? To find out, visit myplaceisdowntown.com.

Designed through a partnership between the downtown Winnipeg Business Improvement Zone (BIZ), CentreVenture, and the Exchange District BIZ, this website is an ideal source of information on living in, renting, or buying a condo or apartment in the city centre. It is a constantly updated, real estate style site with searchable listings of available condos and apartments.

21st-century living, boasting sleek lines accentuated by metal and glass — they will be built to be beautiful. But they will be warm and comfortable, too, balancing an industrial feel with wood



CONTRIBUTED

and stone finishes. These lofts will be only steps from downtown Winnipeg's many restaurants, theatres, cultural sites and sporting venues — but, if you would rather stay in, they will also provide a memorable view of the city from on-high. Glasshouse will also feature a fifth-floor gym, private screening room, and a party room with a kitchen and adjacent outdoor dining space. Go out to party, or bring the party to you: In downtown Winnipeg, the choice will be yours.

Meanwhile, on Assiniboine Avenue — on the former site of the Restaurant Dubrovnik — another future landmark is

on the rise. D Condo will be a 24-storey condominium tower offering its residents some of the best views of the city. And they won't just get to enjoy the Winnipeg skyline — they will see the Assiniboine River, too, and the Manitoba legislative grounds. D Condo dwellers will be only steps from the Riverwalk, the Forks, and much more that this area has to offer. To get there, they will pass through an elegant two-storey lobby and a main courtyard worthy of the prime real estate it occupies.

Downtown Winnipeg's future is bright, and so is yours. This might just be a perfect match.

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myplaceisdowntown.com



THE PLACE WHERE PEOPLE GO

PORTAGE PLACE HAS BEEN A LANDMARK FOR 25 YEARS

Ask anybody to show you the biggest shopping centre in downtown Winnipeg. They'll know the one. It's at 393 Portage Ave., in the heart of the city's downtown. It's Portage Place.

Portage Place has been a landmark for the people of downtown Winnipeg for 25 years. It's the place people go to meet for coffee or a snack — people from an ever more diverse range of cultural backgrounds and traditions. Whether your roots in Winnipeg are fresh or deep, the shopping centre always gives you a warm welcome.

Portage Place is also the go-to spot for office workers in search of a quick bite. Downtown Winnipeg is increasingly home to power players with lots to do and not much time to get it done — a trip to the shopping centre is easy and efficient for them. Plus, it's close by. Portage Place has always been accessible to those travelling



on foot or by transit.

Of course, with more than 100 shops and eateries, Portage Place's greatest attraction is its variety of goods for sale. But, increasingly, the shopping centre is about serving the public in other ways, too. Early next year, it will open an on-site Service Canada office, offering the residents of downtown Winnipeg a range of government services that would formerly have required them to travel to multiple locations.

As always, Portage Place makes shopping a snap. It offers a range of gift cards



for purchase, in denominations from \$5 to \$50, redeemable at all participating stores and services. There are no service fees for using these cards. And if you're unsure how much money you've got left on yours, simply visit the shopping centre's website, portageplace.mb.ca, and check. It's also a great place to find out about new promotions.

Gift cards are even redeemable at the shopping centre's various entertainment venues on the third floor. That includes two of its most notable attractions: The



CONTRIBUTED PHOTOS

Globe Cinema, and downtown Winnipeg's only IMAX Theatre. Free parking is available for patrons of both theatre complexes, making Portage Place a great destination for families or couples looking to catch an evening movie.

As downtown Winnipeg progresses, so too does Portage Place. To learn more about the shopping centre, its amenities, and things to see and do nearby, visit the website of the downtown Winnipeg Business Improvement Zone (BIZ) at downtownwinnipegbiz.com.

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Need a chandelier? Here are the rules

I would like to hang a chandelier in my 13-by-16-foot dining room. I have 12-foot ceilings and am wondering what style would be best and how high to hang it.
-Emily, Calgary



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

A chandelier should look like it belongs to the style of your house, not just like it blends with a trendy decor scheme.

Style?

Consider the architectural style of your home — is it modern or traditional? For instance, a boxy modern condo or an arts and crafts style home would have a streamlined chandelier, whereas a cottage-inspired or Victorian home would have a traditional-style fixture.

I like to think of the chandelier in the same category as the style of door knobs and hardware that

are chosen for the house. If you were to move, those items would be left with the house.

How high?

The height your chandelier is hung relates to the table it is hung over, not the height of the ceiling.

The bottom of the chandelier should be hung 30-40 inches from the top of the table; hang it 30 inches if you have regular eight foot ceilings and up to 40 inches above the table if you have extra high ceilings. For 12 foot ceilings (as in your home) the bottom of the chandelier should be about 36-38 inches above the table.

Size?

For rooms with really high ceilings, consider buying a tall-shaped chandelier to help fill up some of the extra height.

In a low-ceiling area, choose a horizontal shape to suit the low space. The diameter of the chandelier should relate to the size of the room — for each foot of the room's width, the chandelier gets two inches of

Designer ideas

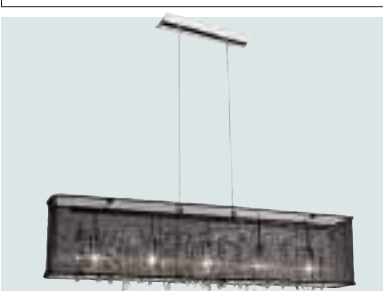
- Adding a decorative moulding medallion to the ceiling will add some visual interest up high. Paint the medallion a similar colour to the chandelier's chain (usually gold, silver or bronze).
- A dimmer switch will allow you to create an intimate setting when dining.
- Choose energy-efficient chandelier bulbs to save moving the table to change the bulbs each year.
- The finish of your chandelier should match the other hardware items like door handles, hinges and light switches in the room.



Choose a chandelier that suits the architectural style of your home. 1920's Odeon Glass Fringe Chandelier, \$3,000, restorationhardware.com.



A tall-shaped chandelier will help fill up a dining space that has tall ceilings. Winston Chandelier, \$430, crateandbarrel.com.



A long and low chandelier suits a dining space with lower ceilings. Crystal Pendant with Organza Shade, \$800, sears.ca.



Save money and effort with LED bulbs, which save up to 80 per cent energy and can last up to 15 years. Philips DecorLED Dimmable Chandelier Bulb, \$16, homedepot.ca.

diameter. For instance, your dining room is 13 feet wide, therefore a 26 inch diameter (13-by-two feet) would be perfect.

The history behind genetically modified foods

What is GMO?

-Cory of Thunder Bay, Ont.



QUEEN OF GREEN
Toviah Paglaro
green@metronews.ca

GMOs — or genetically modified organisms — are plants or animals modified through the gene-splicing techniques of biotechnology. In conversation, GMOs and GE foods refer to the same thing. They are foods created by merging DNA from different species.

The first commercially available GMO crop (the Flavr Savr tomato) was approved by the U.S. Food and Drug Administration in 1994.

Since then, GE varieties of corn, soya, sugar beets and canola have become common in Canada. In addition to locally produced crops, GE varieties of cottonseed oil, papaya, squash and milk products are imported from the U.S. into Canada.

In a mere 20 years, GMO ingredients have made their way into most of the processed foods available on

Canadian grocery shelves. Apples, potatoes and wheat are all in the lineup for approval.

When first introduced, GMO crops were touted as the answer to world hunger. The argument was that by developing pesticide-and-herbicide-resistant crops, farmers would be able to increase their yields and decrease their costs.

This has not proven to be the case. Instead, bugs and weeds have become increasingly resistant to the widespread applications of these chemicals, leading to

increased use of both. More spraying means more costs for farmers, more damage to the environment and more health concerns.

On the flips side, it means more product purchased from the seed producer. The companies that develop and patent GMO seeds are the same companies that develop and patent pesticides and herbicides to which the unique seeds are resistant.

Monsanto is the largest seed company in the world and owns about 86 per cent of GMO seeds sown globally.

It is also the company that produces the herbicide Roundup.

The safety of GMO foods is unproven and a growing body of research connects these foods with health concerns and environmental damage.

For this reason, most developed nations have policies requiring mandatory labelling of GMO foods at the very least, and some have issued bans on GMO food production and imports.

In Canada, we do not require GMO labelling. Can-

adians are often unaware that the foods they choose contain GMO ingredients. This right to choice is behind the growing movement to have GMO foods labelled. While environmental and food advocates lobby for labelling, other groups, like the Non-GMO Project, have created voluntary non-GMO certification to promote better consumer information.

Have questions for the Queen of Green? Write to tpaglaro@davidsuzuki.org or tweet @DavidSuzukiQoG



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HOLIDAY PLANNING

GET FINANCES IN ORDER SO YOU CAN ENJOY A VACATION

With the strength of the Canadian dollar, vacationing abroad has become far more attractive and affordable, which is great news for families who want to travel.

But before you get too caught up in the excitement of planning activities and excursions, put a financial plan in place to avoid unnecessary expenses and keep your costs low, so you can enjoy your family getaway.

Here are some tips from Sears Financial:



PHOTODISC/THINKSTOCK

SET A BUDGET — Establishing the cost of your trip in advance can help save money and ensure you don't end up in debt.

Make sure to include all your transportation costs (including flights, car rental, taxis, gas, etc.), book your hotels ahead of time, and set aside a generous amount for meals and attractions. And don't forget to budget for souvenirs.

CONSIDER A CRUISE — Cruising can be a great and inexpensive option for families. Not only are your dining expenses included in your package, but most ships also offer play groups and workshops for kids of all ages, at no additional charge.

GET TRAVEL/HEALTH INSURANCE — With the average cost of a medical incident outside of Canada at \$25,000, it's important that Canadians of all ages take out travel and health insurance.

PURCHASE A ROAMING PACKAGE — Once you leave Canada and use your mobile phone or tablet, you are accessing services through a foreign network, which can reach hundreds of dollars in additional charges. If you are planning to stay in touch with family and friends during your vacation, contact your network provider about a roaming package.

CHOOSE A CREDIT CARD THAT SUITS YOUR NEEDS — Many credit cards offer a better rate than currency exchange offices, but find out if yours has a foreign currency transaction charge; typically 2.5 per cent. Use a card that doesn't charge the fee.

— News Canada

SHOPPING FOR GIFTS: BY THE NUMBERS

- **Budget Wise.** More than half of shoppers last year planned a holiday shopping budget, according to a story at forbes.com. But 45 per cent of shoppers the year previous had gone over their budget.
- **How Much Should I Spend?** Research shows that 43 per cent of women plan to buy less expensive gifts this year compared to 31 per cent of men.
- **By The Numbers.** Twenty-eight per cent of women plan to buy fewer gifts overall this year compared to 21 per

- cent of men.
- **Will That Be ... Cash or Cash Back Credit?** Don't forget your cash back credit card. Research conducted by Ipsos Reid found almost half of Canadians (48 per cent) would prefer to have a cash back card, compared to other types of rewards cards.
- **Gone Shopping ... Online.** Internetretailer.com reports that online spending this holiday season will account for almost one-quarter of retail spending in the U.S.



GEORGE DOYLE/STOCKBYTE/THINKSTOCK

12 SMART SHOPPING DAYS

1 On the first day, plan ahead and determine a budget for gifts for friends and family as well as holiday decorations such as outdoor lights and entertaining. Then, make a list of everyone you want to buy for along with gift ideas and specific budgets.

2 Use your credit card everywhere you shop.

3 Go online to research and start developing a shopping strategy that includes warehouse and other sales. A lot of Canadians leverage redflagdeals.com, for example, for specials across the country.

4 See if you can buy some gifts online. Shopping online helps you stay within your budget and find hard-to-find gifts, according to Online Holiday Shopping Forecasts and Trends.

5 Revisit your gift list — and don't get stuck on an assumed reciprocity rule where you have to spend as much money on a gift for a friend as they spend on you. It's OK to shop the deals and give your friend a gift that costs you less.

6 Don't forget to check your rewards programs. You could have enough rewards saved to knock a few people off your shopping list and save you money overall on your holiday purchases.

7 Remember to use your credit card on every day purchases, too, not just gifts.

8 Keep all your receipts. Some credit cards offer card holders an extended return policy — this means you don't have to fight the long lines immediately after the holiday season.

9 Keep an eye on your credit card balance, and be sure you have a plan for paying it down relatively quickly after the holidays.

10 Resist impulse buys ... a box of chocolates, a bookmark, or even a lottery ticket are those "little" second gifts that add up.

11 Need to buy a last-minute gift? Maybe a gift card is the way to go.

12 Finally ... a day of rest!

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¹Some conditions apply. See the HBC Rewards program terms and conditions online at www.hbc.com/rewards for full details and exceptions. ²Purchases will now earn 100 HBC Rewards points per dollar when you pay with an HBC MasterCard (previously earned 50 HBC Rewards points per dollar). Use your HBC MasterCard with your HBC Rewards Card when shopping at The Bay, Home Outfitters and Zellers to earn double points. [†]Hudson's Bay Co., HBC, HBC Rewards and their associated designs are trademarks of Hudson's Bay Company, used under licence. **Credit is extended by Capital One.** © 2012 Capital One. Capital One is a registered trademark. MasterCard and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated. All trademarks used herein are owned by the respective entities. All rights reserved.

HARD-CHARGING RAM



BASE PRICES (INCL. DESTINATION)

RAM 1500: FULL-SIZE PICKUP: \$28,500
RAM HD: FULL-SIZE HEAVY-DUTY ONE- AND
THREE-QUARTER PICKUPS: \$32,000

If fuel economy, or lack thereof, killed the mid-sized Dakota, the Ram Boys aren't about to let that happen to the Ram 1500.

Its one big weak spot, fuel consumption, has been rectified for 2013 with Chrysler's ever-popular 3.6-litre V6 that bumps the ancient 3.7-litre V6 out of the engine bay. Horsepower climbs 42 per cent to 305 from 215 and fuel performance similarly improves to 11.4 l/100 km city and 7.8 highway, compared to 15.0/10.0. That's a huge difference.

The Ram also gets a new eight-speed automatic transmission that will also be attached to the 395-horsepower, 5.7-litre "Hemi" V8. This engine shut down four of its eight cylinders when not needed, such as at under light-load conditions or when headed downhill. A dash-mounted rotary shifter replaces the traditional column and console shifter. Returning is the 4.7-litre V8 rated at 310 horsepower. It's linked to a six-speed automatic.

For 2013, Rams get further fuel-

reduction assistance including stop-start technology that turns off the engine at rest, then instantly fires it up again once the brake pedal is released. Electric power steering cuts parasitic power losses. Subtle aerodynamic body improvements and active grille shutters help, too. Optional is an air suspension with load levelling and five height settings, one of which drops the body at highway speeds by 1.5 centimetres to cut the wind a bit better. Finally, a new thermal manage-

ment system is designed to quickly get the Ram's crankcase oil and other fluids up to operational temperatures, which assists in conserving gas.

The Ram 2500 and 3500 series pickups have upped the stakes with the optional Cummins turbo-diesel that's available in bad, badder and baddest grades for 2013. The tamest of the 6.7-litre inline six-cylinder powerplants is rated at 350 horsepower and 660 pound-feet of torque, while the intermediate version pushes those numbers up to 370 horsepower and 800 pound-feet. For maximum thrust and grunt, the 385-horse unit lays down a mind-numbing 850 pound-feet of torque.

The Cummins can be matched to a six-speed manual transmission (the only shift-it-yourself in its class), or a six-speed automatic. The result is a truck that can haul and tow an inordinate amount of whatever you have; up to 7,730 kilograms of trailer weight and up to 820 kilograms of tongue weight using a conventional Class V hitch. — wheelbasemedia.com

BEAUTIFUL ROLLING SCULPTURE

HYUNDAI SANTA FE

Some of the hottest styling comes from the sketch pads at Hyundai. Just look at the new Santa Fe. Hyundai has gone from building cars that people on a budget had to buy, to beautiful rolling sculpture that you just have to buy.

The Santa Fe wagon is available in five- and seven-passenger sizes. The shorter-wheelbase five-passenger Santa Fe Sport arrives first, followed by the longer (by 22 centimetres) seven-passenger Santa Fe in early calendar 2013. The bigger Santa Fe is heavier than the Sport by more than 150 kilograms, which explains why it's only available with a 290-horsepower, 3.3-litre V6 that replaces the previously optional 274-horsepower, 3.5-litre V6.

Conversely, the Sport comes with a base 190-horsepower, 2.4-litre four-cylinder, or optional 264-horsepower



Hyundai Santa Fe

2.0-litre turbocharged four-cylinder. In all cases the only transmission is a six-speed automatic with manual shift controls.

Hyundai will let you add its latest all-wheel-drive setup with any Santa Fe you select. The system includes Torque Vectoring Corner Control (TVCC) that monitors driving conditions and can instantaneously direct the correct amount of power or braking force to any single wheel.

TVCC assists in slippery conditions

BASE PRICES (INCL. DESTINATION)

SANTA FE: COMPACT SUV: \$28,250
TUCSON: COMPACT SUV: \$21,750

and provides added precision when negotiating turns.

The Santa Fe features plenty of

standard content plus unexpected treats, including Driver Selectable Steering Mode with Normal, Comfort (reduces steering effort by 10 per cent) and Sport (increases effort by the same amount) settings.

Turbo models add performance suspension components (stiffer shocks and stabilizer bars), 19-inch wheels (17s are standard), fancier gauge cluster, push-button start and heated front seats.

— wheelbasemedia.com



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COC president sees 'golden future' with \$100M injection

Funding. Aubut says corporate money will be used for both summer and winter events

The Canadian Olympic Committee will be almost doubling its financial support for Olympic sports over the next four years with an injection of about \$100 million, president Marcel Aubut said Wednesday.

Ottawa has also promised to keep its funding for Olym-

pic sport intact, he said.

"This money ... coming from the (federal) government ... plus the \$100 million, will guarantee a bright and golden future for Canadian Olympic athletes," he said on a conference call that included presidents of some of the national sports federations.

Aubut says the COC spent somewhere just over \$50 million over the last four years, with almost all of it coming from corporate donors, and is only able to increase that amount because of their sup-

Quoted

"I think, after Vancouver, we know now that it's OK to participate but it's a very good feeling to win and to be part of the top countries in the world."

Marie-Claire Rouleau, president of Speed Skating Canada

port.

"This announcement would not be possible without the unbelievable support of Canada's corporate community," he said.

The \$100 million will go to support both summer and win-

ter events as well as to prepare for the 2015 Pan American Games in Toronto.

It represents an injection of close to \$50 million in new money, Aubut said.

When pressed for more information on where the new

money is coming from, Aubut pointed to the extended sponsorship agreements already announced this year.

"We have already announced huge agreements with the Hudson's Bay Co., with Royal Bank of Canada RBC, with Suncor, with General Mills, with Bell Canada, with Air Canada."

Aubut said there are more deals to come before Christmas and some next year. But he provided only broad strokes to describe where the money will go. **THE CANADIAN PRESS**



St-Pierre, Condit play nice at pre-fight press conference

Georges St-Pierre, left, and Carlos Condit pose for photographs in Montreal on Wednesday. The two rivals sat on stage flanked by their championship belts, but fans hoping for fireworks will have to wait for Saturday night in the cage as the two welterweights tried to kill each other with kindness at the UFC 154 news conference. The bookmakers have Montreal's St-Pierre as a 3-1 favourite in his first fight after missing months with a knee injury. **GRAHAM HUGHES/THE CANADIAN PRESS**

NFL. Roethlisberger out indefinitely with rib injury

Right arm tucked into a black sling, weary eyes betraying a decided lack of sleep, Ben Roethlisberger tried to stay positive after the worst — and by far the most harrowing — injury of his career.

The Pittsburgh Steelers quarterback believes he can return this season despite spraining his right shoulder and suffering what he called a dislocated rib in Monday night's overtime win against Kansas City.

He's just not sure when he'll be ready. And his medical team appears nowhere close to figuring out how exactly to get him there.



Ben Roethlisberger GETTY IMAGES

All Roethlisberger knows for certain is that doctors are concerned the rib could puncture his aorta if jostled around. **THE ASSOCIATED PRESS**

CFL

Alouettes' Hebert makes light of practice injury

Safety Kyries Hebert insists it was a bug bite and not a left-ankle sprain that caused him to limp off the field at Montreal Alouettes practice on Wednesday.

He was joking, but the team hopes the injury is not serious and that he will be able to play in the East Division final against the Toronto Argonauts on Sunday.

"I'm OK. I think an ant bite me," Hebert said. "I'm going to get some Neosporin and get the bump down." **THE CANADIAN PRESS**

CFL. Stampede's Lewis fined for latest tweet

Calgary Stampede's running back Nik Lewis has a reputation for stirring the pot.

Both his football team and the Canadian Football League say he crossed the line with his comment on Twitter.

The CFL fined Lewis an undisclosed amount Wednesday for violating the league's social-media policy.

On Monday, Lewis tweeted: "I just bought OJ's gloves on eBay. Now all I need is a white girl named Nicole." He added the hashtag #MaybeALittleToFar.

The reference was to the 1995 murder trial of O.J. Simpson.

Quoted

"This organization is not proud of what occurred."

Calgary coach and general manager John Hufnagel, who told Lewis and the rest of the Stampede's not to tweet until the CFL season is over.

Simpson was acquitted in the murder of Nicole Brown Simpson and Ronald Goldman, but he lost a civil-court case against him for their wrongful deaths.

The Stampede's head to Vancouver this week to face the B.C. Lions in Sunday's West final. **THE CANADIAN PRESS**

Horoscopes

Aries

March 21 - April 20

If you allow yourself to get angry, it will distort your judgment and you will make a mistake. Then you'll be angrier than before. Remember: There is a reason for everything that happens in life, even the "bad" things.

Taurus

April 21 - May 21

It may seem as if someone you have feelings for is trying to avoid you, but most likely it is your imagination playing tricks. Give them the space they seem to need, and soon they'll be back at your side.

Gemini

May 22 - June 21

The more others try to push you in directions you don't want to go, the more you must resist. Also, be careful when exerting yourself physically. The Sun in the wellbeing area of your chart warns you to put your health first.

Cancer

June 22 - July 23

You have been too soft with someone who has been taking liberties and now you must go to the other extreme and come down on them hard. If you let things continue as they are, chaos will be the result.

Leo

July 24 - Aug. 23

You sense that something big is about to happen, something that will change your life for the better. As usual, your instincts are spot on. So, keep your eyes and ears open and be ready to act.

Virgo

Aug. 24 - Sept. 23

You seem to have rather a lot to say for yourself at the moment, and that's fine. But watch out that you don't say too much over the next 24 hours or you could find you have given up your advantage. Knowledge is power.

Libra

Sept. 24 - Oct. 23

It may seem as if you are losing something valuable, and maybe you are, but there is no point worrying about it. The planets indicate what you have to give up now will be replaced by something much better very soon.

Scorpio

Oct. 24 - Nov. 22

You will be under a lot of pressure today and tomorrow as several issues come to a head at the same time. You will find ways to stay on top of them but schedule yourself a restful weekend. You'll need it!

Sagittarius

Nov. 23 - Dec. 21

For some reason, you are worked up about something that, nine times out of ten, would not worry you. Remind yourself it is of no great importance. In a matter of hours, it will be forgotten.

Capricorn

Dec. 22 - Jan. 20

Steer clear of a friend's personal affairs today. The planets warn that if you allow yourself to get involved, you will find it almost impossible to get out again. And you'll end up getting most of the blame.

Aquarius

Jan. 21 - Feb. 19

If your reputation is important to you then you will have to defend it today. It seems that someone is determined to undermine your authority and you cannot afford to let that happen. Take the battle to them.

Pisces

Feb. 20 - March 20

You may think you can get away with anything at the moment but Saturn, the great taskmaster of the zodiac, says otherwise. Think things through carefully before you act and, if in doubt, don't act at all. **SALLY BROMPTON**

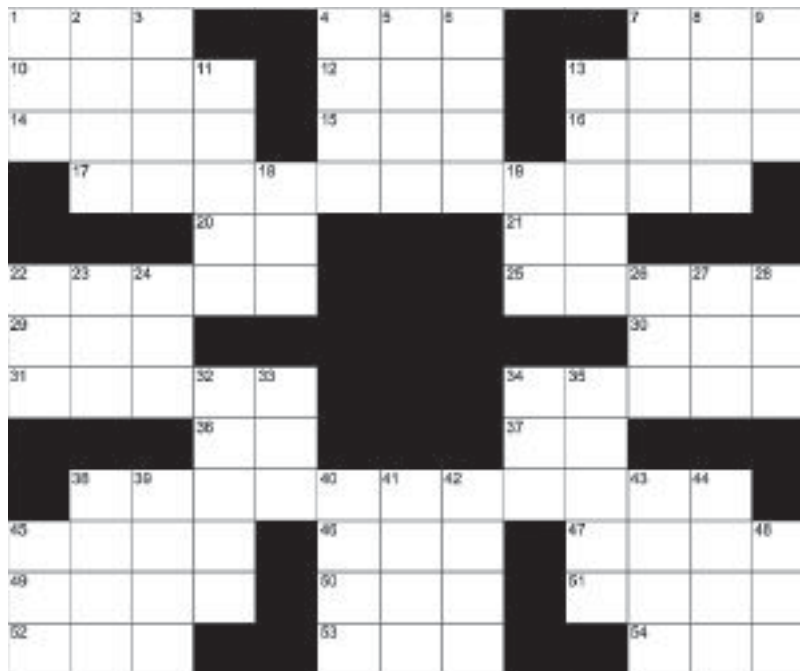
Canadian Crossword

Across

- Roseanne's hubby
- Cooking utensil
- Healthy
- The Bold —
- Pitcher's stat.
- Family group
- Break in two
- Salt (Fr.)
- Rave's partner
- Noblemen
- Deal or — Deal
- Bible pt.
- Mended a skirt
- Dogma
- Past due
- Island (Fr.)
- Bad neighbourhood
- That Don't Impress Me Much! singer
- Model Railroad gauge
- Midwestern state
- Helmet wearing transports
- Bird of peace
- Schnoz ending
- After midnight
- to Avonlea
- Days of — Lives
- Nova
- Fashion designer (abbr.)
- Mad —
- Avenues

Down

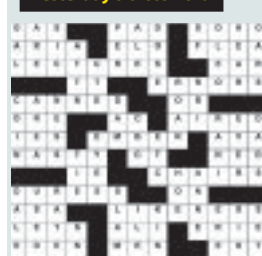
- and don'ts
- Siam woman
- Close by
- Fly or hornet
- Chocolate layer cookie
- Bath powder
- Level
- Ziering and McShane
- Dynamite (abbr.)



- Quill
- Large wooden box
- Grass
- Go bad
- Distress signal
- Farmyard animal
- Tiny
- Actress Vardalos
- Ed role for Daryl Mitchell
- Countdown number
- Adored
- Greeting: — hoo

- Spasm
- Room dividers
- Cows comments
- Egg shape
- 222
- Popular board game
- Kitten's plaything
- Food networks, Good —
- Immediately, in the ER
- Arid
- Vocalized pauses

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Weather

TODAY



MAX: -9°
MIN: -10°

FRIDAY



MAX: -3°
MIN: -7°

SATURDAY



MAX: -1°
MIN: -4°



JENNA KHAN
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